

**POOL SCHEDULE
March 7-13 2010**

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|----------------------------|----------------------------|-------------------------------|----------------------------|--|
| 5:00-6:30 AM | Masters/ Lap Swim | Masters/ Lap Swim | Masters/ Lap Swim | Masters/ Lap Swim | Masters/ Lap Swim |
| 6:40-7:30AM | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics |
| 7:30-8:20AM | Rusty Hinges | Rusty Hinges | Rusty Hinges | Rusty Hinges | Rusty Hinges |
| 8:30-10:00AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 9:30-10:00AM | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons |
| 10:00-10:30AM | | Swim Lessons | | Swim Lessons | Youth Swim Lessons (9:30-10:15) |
| 10:00-10:45AM | Aqua Aerobics | | Aqua Aerobics | | Aqua Aerobics |
| 10:40-11:35AM | School Programs | School Programs | School Programs | School Programs | Buddy Up! |
| 11:35-12:35PM | Lap Swim/ Therapy Walk | Lap Swim/ Therapy Walk | Lap Swim/ Therapy Walk | Lap Swim/ Therapy Walk | Lap Swim/ Therapy Walk |
| 12:30-3:30PM | School Programs | School Programs | School Programs | School Programs | Recreation Swim/Pizza 1-3:30 |
| 3:30-5:30PM | CAC Swim Team | CAC Swim Team | CAC Swim Team | CAC Swim Team | CAC Swim Team |
| 5:45-6:15PM | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons |
| 6:20-7:10PM | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim |
| 7:15-8:20PM | Recreation Swim | Family Swim | Recreation Swim | Water Polo | Recreation Swim |
| 8:30-9:15PM | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics |
| Sunday Swim Schedule | | | Saturday Swim Schedule | | |
| 10:00-11:00AM | | Pool Rentals | 10:00-12:00PM | | Pool Rentals |
| 11:00-12:45PM | | Lap Swim | 12:00-1:00PM | | Aqua Aerobics |
| 1:00-3:45PM | | Rec Swim | 1:00-3:45PM | | Rec Swim |
| 4:00-6:00PM | | Kayaking | 4:00-5:00PM | | Lap Swim |
| 6:00-7:00PM | | Pool Rentals | 5:00-7:00PM | | Pool Rentals |

updated
02/08/09